



GUIDE 5

PHYSICAL READINESS TEST (PRT)

d. Stationary Bike Testing (Non-Life Fitness Inc./Integrity Series Upright Bike). The following procedures are provided to successfully conduct the PRT on the non-Life Fitness, Inc. stationary bike:

- (1) Ensure machine data is cleared prior to programming for the test.
- (2) Instruct Sailor to sit on the bike.
- (3) Program the following items in the order required by specific machine:
 - Manual program.
 - Resistance level of Sailor's choice.
 - Set the test duration time to 14 minutes (although the actual test duration is 12 minutes this accounts for machines that utilize automatic cool-down).
- (4) Allow the Sailor to vary resistance/load as appropriate.
- (5) At the 12 minute mark, read, announce and record caloric output from stationary bike console. Test is complete when exactly 12 minutes is reached.
- (6) Allow the Sailor to cool-down as needed. The additional calories burned during the cool-down period shall not be used for scoring.
- (7) A caloric output of "20" will be entered into PRIMS if any of the following occur during the test:
 - Stops to rest.
 - Stops the machine.
 - Stands up.
 - Removes hands from handlebars (other than shortly required for comfort, e.g., to adjust the resistance, wipe off sweat, etc.).

e. Stationary Bike Testing (Life Fitness Inc./Integrity Series Upright Bike). The following procedures are provided to successfully conduct the PRT on the Life Fitness, Inc. stationary bike:

- (1) Ensure machine data is cleared prior to programming for the test.
- (2) Instruct Sailor to sit on the bike.



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| 1 | LED display | Bike and Elliptical: Speed, Time, Distance, Heart rate, Calories, Incline, Resistance. |
| 2 | GO | Press to automatically begin a Quick Start workout. |
| 3 | Call out button | Calories, Watts, RPM. |
| 4 | Workouts key | Manual, Hills, Random. |
| 5 | USB Port | Charge USB devices. |
| 6 | STOP | Press to Stop a workout. |
| 7 | UP and DOWN arrow keys | Use to increase / decrease speed. |
| 8 | Call out button | Time, Weight, Imperial/Metric. |
| 9 | Reading Rack / Tablet Holder | Place traditional reading material as well as mobile devices and tablets in this built-in holder. |

(3) Program the following items in the order required by specific machine:

- Using Item 4, select the first button on the left with this (--) symbol. This is your MANUAL workout key.
- Select Item 7 for TIME, use the up/down arrow to select time enter 14 minutes (although the actual test duration is 12 minutes this accounts for automatic cool-down). Indicator (8) will illuminate for time.
- Select Item 7 to Increase or Decrease resistance LEVEL, use the up/down arrow to select resistance level.
- Select Item 7 to adjust Sailor's WEIGHT, use the up/down arrow to select weight for Sailor. Indicator (8) will illuminate for weight.
- Select Item 2 GO to start the PRT test.

(4) Allow the Sailor to vary resistance/load as appropriate.

(5) At the 12 minute mark, read, announce and record caloric output from stationary bike console (Item 1). Test is complete when exactly 12 minutes is reached.

(6) Allow the Sailor to cool-down as needed. The additional calories burned during the cool-down period shall not be used for scoring.

(7) A caloric output of "20" will be entered into PRIMIS if any of the following occur during the test:

- Stops to rest.
- Stops the machine.
- Stands up.

- Removes hands from handlebars (other than shortly required for comfort, e.g., to adjust the resistance, wipe off sweat, etc.).